

# 10 Qualities of a Meditator | What makes a good mediator

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have you ever wondered **what qualities it takes to succeed in meditation?**

basically everyone can go into meditation irrespective of their age, sex, religion, caste, color or social status. but for some people meditation comes more easily than others. it is true for other religious path also. for some people devotional path comes spontaneously. some people excel easily in tantra and so on.

since one path is not suited for everyone, that's why there are so many paths to reach to god. you should choose the path which comes naturally and spontaneously to you.

## **10 qualities of a meditator:**

### **1. intelligence**

you are not dull but intelligent and you use it also. you trust your gut feeling rather than choosing the easy path of following the society or doing what everyone else is doing. you use your intelligence rather than listening to society. you are not a follower but an individual and you value your individuality over anything else in the world.

### **2. you like to be alone**

you like to spend time with yourself. you like to explore your interiority rather than spending time chit-chatting with others. however many meditators are equally at ease with friends and also when they are alone. basically you should not run away from yourself. you should not seek people or switch on TV just because you don't want to be left alone.

### **3. you like to observe things**

the quality of observance is very important in [watching your mind](#) and its content. if you can watch things from a distance without getting involved then you are bound to succeed easily in meditation.

### **4. you love silence**

the outward silence helps in attaining the inner state of silence as well. moreover at times the inner silence can be very scary for some people because they are not used to it. a natural meditator loves silence and like to be silent when there is no need to talk. he is wise with the use of words.

### **5. guts to stand alone**

in meditation you have to stand on your own feet and you cannot use any support. so one has to be brave enough to walk on this path alone. you need to have the guts to do what is right rather than doing what everyone else is doing. you like to take responsibility of your life rather than putting blame on others.

### **6. alertness**

you have a alert mind. you like to raise your consciousness and not dull your senses with the use of intoxicants like alcohol, drugs etc. you don't like to escape from situations but you face them with realistic approach.

### **7. you want to understand and know things first hand**

many people just believe in the things which are written in holy books. but you want to experience them first hand. you are not going to trust anything unless it matches your own experience. you have a logical attitude towards life.

### **8. you have patience**

in inner world you cannot have your way. you need to have infinite patience in inner search. at the right time when you have become ripe then only you will flower. so like a farmer you need to have patience for the seeds of meditation to blossom.

### **9. you are not ambitious in outer world**

you are not ambitious and you don't want to feed your ego. you want to grow spiritually and get out of this cycle of life and death.

### **10. you are a seeker**

this is true for every spiritual path. in meditation field, you want to know yourself. in devotional path you want to surrender yourself to god. so the path varies but seeking is same that is to free yourself from the clutches of ego and know the ultimate truth of life.

may the god grace be with all, so that we all can find the path best suited to us.

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